

# PEARL HARBOR FLEET AND FAMILY SUPPORT CENTER

## FAMILY RESOURCE LIBRARY

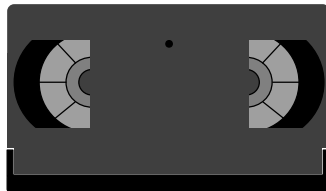
### (VIDEOS/BOOKS/AUDIO CASSETTES)

Eligibility requirements and procedures:

All active duty Navy, Marine Corps and Coast Guard personnel and their families are eligible to borrow materials from the Family Resource Library.

Books are checked out for three weeks and videos for one week. Materials are borrowed on a first-come-first-serve basis and therefore we cannot "hold" books or videos.

For more information call the Family Life Educator, 473-4222, ext. 272.



## VIDEOS

### GENERAL PARENTING:

- Active Parenting Discussion Program
- Building Self-Esteem in Your Child
- By Parents, For Parents
- Expectations a Story About Stress
- Family Talk
- How to Raise Happy, Confident Kids
- Parents . . . or Pushovers
- Shaking and Hitting - Spanking: What To Do Instead
- Survival Skills for Healthy Families - Demonstration of the Six Part Series
  - Session 1: Parents in Healthy Families
  - Session 2: Children in Healthy Families
  - Session 3: Couples in Healthy Families
  - Session 4: Changes in Healthy Families
  - Session 5: Solving Family Problems
  - Session 6: Sex, Drugs and You - Preparing Your Child for the World
- You Can Be A Better Parent in 30 Minutes
- What's Next
- When They Never Ever Listen

## **PARENTING YOUNG CHILDREN (Pre-Natal to Age 5):**

- Baby Basics
- Baby Care Basics: For Your Baby's Early Months
- Baby Comes Home
- Birth to Three: The Defining Years
- Breastfeeding Your Baby
- Early Childhood S.T.E.P Early Childhood Step - Intro thru Session 7:
  - Session 1: Understanding Young Children
  - Session 2: Understanding Your Children's Behavior
  - Session 3: Building Self-Esteem In The Early Years
  - Session 4: Communicating with Your Toddler/Preschooler
  - Session 5: Helping Young Children Learn to Cooperate
  - Session 6: Discipline Young Children
  - Session 7: Nurturing Emotional and Social Development
- Father's Matter
- Getting Ready for Baby
- Kapiolani, Baby and You
- Learning About the World
- New Fathers, New Lives
- Parents Meeting the World
- Practical Parenting Series:
  - Session 1: Anger, Temper Tantrums, and Sibling Rivalry
  - Session 2: Preschooler Discipline: Making it a Positive Experience
  - Session 3: Ages and Stages: Knowing what to Expect and When
  - Session 4: Preparing Your Preschooler for Success in School
  - Session 5: Working Parents and Your Preschooler
- Responsible Parenting "Give Yourself a Chance"
- So You Want To Be A Parent
- Planning for Tomorrow - Parenting and Pregnancy
- Solutions to Ten Common Parenting Problems
- Supporting the Role of Fathers in the Military
- T is for Touching (2 - 6 years old)
- Teen Mothers: Time to Get Real
- The First Years Last Forever
- The Pregnant Father
- Touchpoints I/Touchpoints II

## **PARENTING SCHOOL AGE CHILDREN (Age 5 - 10):**

- Confidence Building with School Age Children
- Limit Setting with School Age Children
- Problem Solving with School Age Children

## **PARENTING ADOLESCENTS/TEENS (Age 10 - 18):**

- Active Parenting of Teens: Sex, Drugs and Alcohol: Communicating with Adolescence
- Alcohol and Attitudes: Where Do You Stand
- Guidance Club for Parents:
  - Session 1: Helping Your Teen Deal with Anger and Violent Emotions
  - Session 2: Helping Your Teen Overcome Prejudice
  - Session 3: Encouraging Your Teen to be Responsible
  - Session 4: Improving Your Teen's Self-Esteem
  - Session 5: Encouraging Your Teen to "Open Up"
  - Session 6: Helping Your Teen Cope with Stress
  - Session 7: Helping Your Teen Cope with Peer Pressure
  - Session 8: Helping Your Teen Make the Right Decision
  - Session 9: Keeping Your Teen Off Drugs and Alcohol
- Help! I Have A Teenager - Parenting Program Part 1 and Part 2
- How to Tell If A Kid Is On Drugs
- Parenting Difficult Adolescents:
  - Session 1: Calamity Jamie
  - Session 2: Mario's Gang
  - Session 3: Carletta's World
  - Session 4: Falling John
  - Session 5: High Style
  - Session 6: Big Blue Boy
  - Session 7: Thea's Mirror
- Peer Pressure, Drugs and You
- S.T.E.P Teen (Sessions 1-9)
- Yesterdays Child

## **CONFLICT MANAGEMENT:**

- Anger, Rage and You
- Just Chill! Dealing with Anger
- Teen Parent Conflict: Making Things Better

## **COMMUNICATION:**

- Between You and Me: Learning to Communicate

## **DIVORCE AND SEPARATION:**

- Daddy Doesn't Live With Us
- Kids and Divorce
- When Your Mom and Dad Get Divorced

## LEARNING DISABILITIES:

- Why Won't My Child Pay Attention

## MEDIA INFLUENCE ON CHILDREN:

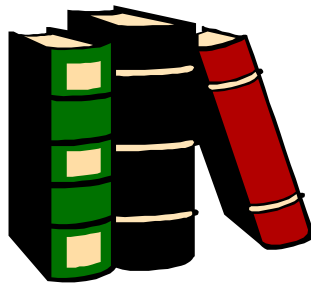
- Learn to Discern
- Media Mania
- Media Wise 1, 2, 3

## SINGLE PARENTING:

- Now That You're A Single Parent
- Single Parenting

## STEP FAMILIES:

- Blended Families (Yours, Mine and Ours)
- Step-Parenting Issues



## BOOKS

## CHILDREN WITH SPECIAL NEEDS:

- Learning Disabilities and Your Child; Lawrence J. Greene

## DIVORCE AND SEPARATION:

- Divorce Book for Parents; Vicki Lansky
- Talking To Your Children About Separation and Divorce; COSD Center, Inc.
- How to Survive Your Parents' Divorce - Kids' Advice to Kids; Gayle Kimball, Ph.D.

## ESPECIALLY FOR FATHERS:

- The American Father; William Reynolds
- The Father's Almanac; S. Adam Sullivan

## GENERAL PARENTING:

- A Good Enough Parent; Bruno Bettelheim
- Active Parenting Today for Parents of 2 to 12 year olds; Michael Popkin, Ph.D.
- Active Parenting Today - The Basics; Michael H. Popkin Ph.D.
- Building Family Strengths - A Manual for Families; University of Nebraska
- Building Self-Esteem In Your Child; Susan Baile Ph.D.
- Developing Self-Esteem; Connie Palladino Ph.D.
- Don't Take It Out On Your Kids; Katharine C. Kersey Ed.D.
- How To Be A Super Sitter; Salk, Litvin
- How To Discipline With Love; Dr. Fitzhugh Dodson
- How To Father A Successful Daughter; Nicky Marone
- How To Talk To Children About Really Important Things; Charles E. Schaefer Ph.D.
- Learning To Discern; Robert G. DeMoss Jr.
- Lee Canter's Assertive Discipline/Parents Resource Guide; Lee Canter and Associates
- Long Distance Parenting; Miriam Galper Cohen
- Loving Your Child Is Not Enough; Nancy Samalin
- Nurturing Program for Parents and Children; Stephen J. Bavolek Ph.D. & Christine M. Comstock
- Parent's Guide: Family Talk; Michael Popkin, Ph.D.
- Practical Parenting Tips; Vicki Lansky
- Shaking, Hitting, Spanking: What to Do Instead; Family Development Resources
- Six-Point Plan For Raising Happy, Healthy Children; John Rosemond
- Survival Skills for Healthy Families/Family Wellness Workbook; George T. Doub & Virginia Morgan Scott
- Teacher's Guide: Expectation - A Story About Stress, Walt Disney Educational Media Company
- The Good Kid Book; Howard N. Sloane
- To Raise Children's Self-Esteem; Harris Clemes Ph.D. and Reynold Bean M.Ed.
- Without Spanking or Spoiling; Elizabeth Crary
- Your Child's Self-Esteem; Dorothy Corkille Briggs

## PARENTING YOUNG CHILDREN (Pre-Natal to Age 5):

- Complete Pregnancy and Baby Book; Vicki Lansky
- Day By Day Baby Care; Miriam Stoppard M.D.
- First Aid For Tantrums; Kathy Levinson Ph.D.
- First Feelings; Stanley Greenspan, M.D. and Nancy Thorndike Greenspan
- Games Babies Play; Vicki Lansky
- Infant Massage; Vimala Schneider
- No More Bedtime Battles; Lee Canter
- Nurturing Book for Babies and Children; Juliana Dellinger Bavolek M.S.E.
- Parenting Young Children STEP; Dinkmeyer, McKay, Dinkmeyer
- Pregnancy, Childbirth and the Newborn; Simkim, Whalley, Keppler
- Pregnant Fathers; Jack Heinowitz
- Raising Your Spirited Child; Mary Sheedy Kurcinka
- The Complete Mothercare Book Manual; Ting, Brant, Holt
- The Crying Baby; Sheila Kitzinger
- The Fussy Baby; William Sears M.D.
- Toilet Training; Vicki Lansky
- Two Years Without Sleep; Cathy Feldman
- What to Expect the First Year; Eisenberg, Murkoff, Hathaway
- What to Expect the Toddler Years; Eisenberg, Murkoff, Hathaway
- What to Expect When You're Expecting; Eisenberg, Murkoff, Hathaway
- Your Three Year Old Friend or Enemy; Louise Bates Ames Ph.D. and Frances L. Ilg M.D.

## PARENTING SCHOOL AGE CHILDREN (Age 5 - 10):

- Ending The Homework Hassle; John Rosemond
- Help! It's Homework Time; Lee Canter
- Help! The Kids Are At It Again; Elizabeth Crary
- Homework Without Tears; Lee Canter
- How To Talk So Kids Will Listen; Adele Faber and Elaine Mazlish
- Managing The Morning Rush; Lee Canter
- Pick Up Your Socks: A Practical Guide to Raising Responsible Children; Elizabeth Crary
- Setting Limits; Robert J. Mackenzie Ed.D.
- Surviving Sibling Rivalry; Lee Canter
- Winning the Chores Wars; Lee Canter

## **PARENTING ADOLESCENTS AND TEENS (Age 10-18):**

- Active Parenting of Teens: Video Discussion Program/Book; Popkin
- Caring For Your Adolescent Ages 12 to 21; Donald E. Greydanus M.D.
- Early Adolescence; Gail A. Caissy
- Get Out Of My Life; Anthony E. Wolf Ph.D.
- Grounded For Life?; Louise Felton Tracy M.S.
- Growing and Changing; McCoy and Wibbelsman
- Marijuana: Facts Parents Need To Know; National Institute Of Health

## **SINGLE PARENTING:**

- How To Single Parent; Dr. Fitzhugh Dodson

## **STEP FAMILIES:**

- Making It As A Step-Parent; Claire Berman
- Strengthening Your Step Family; Elizabeth Einstein and Linda Albert

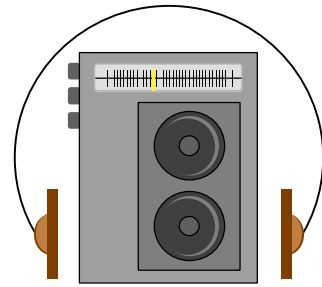
## **BOOKS FOR CHILDREN:**

- All Kinds Of Families; Norma Simon
- Dinosaurs Don't Divorce; Brown, Brown
- Don't Look At Me; Doris Sanford
- Don't Pop Your Cork On Mondays!; Adolph Moser
- Feelings: Inside You and Outloud Too; Barbara Kay Polland, Ph.D.
- How To Survive Your Parents - Kids Advice to Kids; Gayle Kimball Ph.D.
- My Book For Kids With Cansur; Jason Gaes
- My Father Is Far Away; Robin Ballard
- Nobody's Perfect, Not Even My Mother; Norma Simon and Dora Leder
- One Of The Family; Little Golden Book
- Speak Up, Say No!; Elaine Krause
- The Good-Bye Book; Judith Viorst
- The Hating Book; Charlotte Zolotow

## **BOOKS TO ENHANCE READING TO CHILDREN:**

- Once Upon A Time; Lucille N. Breneman and Bren Breneman
- Read To Me: Raising Kids Who Love To Read; Bernice E. Cullinan
- The New Read-Aloud Handbook; Jim Trelease

## AUDIO CASSETTES



- How To Use Time Out Effectively
- SOS Time Out
- Time Out: How To Use Effectively
- Without Spoiling or Spanking & What We Know About Spanking
- Building Self-Esteem in Your Daughter
- Building Self-Esteem in Your Child